



# VIRTUAL STORYTIME

@ the DeSoto Public Library



**MAY 14TH, 2020**

Today's theme will focus on recognizing feelings.

Otis is confused about having so many feelings. Normally he is just plain grumpy, but he learns it's OK to have many different kinds of feelings, but should express them in a healthy way.

## BOOKS SHARED

- How Are You Peeling?  
Saxton Freymann. Arthur Levine Publishing. 1999.
- How Are You/Como Estas?  
Angela Dominguez. Henry & Holt Publishers. 2018.



## PARENT TIP

It's a confusing time for kids and they may not know what they are feeling. Now is a good time to teach them about having feelings, and the proper way of expressing them. For example tell them, "It's okay to get mad, but it's not okay to be mean..."

### Suggested Activity:

Pull out a mirror and encourage your child to make faces in it. Challenge your child to a "Face Off" making different faces for different emotions.



## IF YOU'RE FEELING STUFF

tune of "If You're Happy and You Know It"

If you're happy and you know it, clap your hands  
If you're happy and you know it, clap your hands  
If you're happy and you know it,  
then your face will surely show it  
If you're happy and you know it, clap your hands.

If you're mad and you know it, stomp your feet....

If you're scared and you know it, shout "Agghhh!" ...

If you're confused and you know it, do all three  
(clap-clap, stomp-stomp, Agghhh!)



## I HAVE A HAPPY FACE

tune of "I'm a Little Tea Pot"

I have a happy face, just watch me grin.  
I have a great big smile, from my forehead to my chin.

When I'm upset and things are bad,  
Then my happy face turns to sad.

Some little faces I have seen  
Some were sad and some were mean  
But the one little face  
with the smile was the best  
That was the happiest of all the rest.

